

January – February - March 2007

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructor's fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months we will do our best to allow them to sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Refunds will be granted up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072.

Dining at the Senior Café

Chef, Bob Labrusciano prepares a daily nutritious and well - balanced meal for your pleasure Monday – Friday at Noon. Come and enjoy soup, salad, entrée and dessert for a suggested donation of \$3.00 - \$5.00. Reservations are required and must be made at least 24 hours in advance. To make a reservation, kindly call 341- 5099.

Municipal Agent to Visit Center

Maybeth Wirz, from the Department of Human Services, will visit the Center on Wed. Jan. 31st, Wed. Feb. 21st and Tues. March 6th from 10:30 – Noon.

Individual appointments can be made ahead of time by calling 341-1072.

Otherwise, Maybeth will be available to answer your questions and for general information and referral.

Center Hours

Monday: 8:30 a.m. – 4:30 p.m.
Tuesday: 8:30 a.m. – 4:30 p.m.
Wednesday: 8:30 a.m. – 4:30 p.m.
Thursday: 8:30 a.m. – 8:30 p.m.
Friday: 8:30 a.m. – 4:30 p.m.
Saturday: 8:30 a.m. – 12:30 p.m.

In Case of Inclement Weather...

you can tune into 1400 (AM) WSTC, 1350 (AM) WNLK, 95.9 (FM) The Fox, 96.7 (FM) The Coast, 108 (FM) WEBE, Channel 3, www.westportct.gov, www.westportnow.com or by contacting the Center at 341-5099. If the Westport Public Schools are closed due to inclement weather, the Center is automatically closed.

Holidays to Take Note of...

The Center will be closed on the following dates during this semester:

Mon. Jan. 1st – New Year's Day
Mon. Jan. 15th – Martin Luther King
Mon. Feb. 19th – President's Day

Would you like to receive e-mail reminder notices of upcoming events?

We'd be happy to add your name to our bi-monthly list reminding you of upcoming events at the Center. Kindly email Maureen at MSeirup@westportct.gov to have your email address added.

Registration for all classes begins the week of December 11th.

Arts/Crafts

January, February, March 2007

Westport Center for Senior Activities

Beading & Jewelry

Learn how to make gorgeous necklaces, bracelets, pins and decorative items under the guidance of your teacher.

Instructor: Kyra Avalotis

Fridays Jan. 5 - March 30

13 Classes = \$39.00

10:00 - Noon

Beginning Drawing & Watercolor

College professor Tom Scippa will teach the basics of drawing and watercolor techniques. The course includes the fundamentals of composition, color and creativity.

Mondays Jan 8 – March 26

10 classes = \$30.00

10:00 – Noon

Intermediate Drawing & Watercolor

This class is designed for those with previous experience. Each class will focus on a different aspect such as technique, creating depth, light and shade as well as color.

Instructor: Tom Scippa

Tuesdays Jan. 2 – March 27

13 classes = \$39.00

10:00 – Noon

One-Stroke Painting

This stress-free decorative painting technique has gained a strong following due to its simple, methodical approach. Even people who have never before picked up a paintbrush feel comfortable trying this step-by-step painting method. Supplies will be provided. Samples on display in the

Center's display case for your viewing.

Instructors: Benjamin and

Darraugh Cianfichi

Thurs. Jan. 11, Feb 8, March 15

Time: 4:30 – 6:30 p.m.

Cost: \$6.00/2 hour class or

\$15.00 for the series

Stained Glass Instruction

Learn about the different types of glass, how to cut, copper foil, solder, frame and grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis.

Fri. Jan. 5 – March 30

13 classes = \$39.00

10:00 - Noon

Sculpture Instruction

For Beginning & Experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa.

Tuesdays Jan. 2 – March 27

13 classes = \$39.00

1:00 – 3:00 p.m.

Memory Lane

Learn the finer points of scrap-booking and create an eye-catching record of your family memories. Experiment with the tools of the trade while creating a lovely keepsake.

Instructor: Marie Monks

Saturday Feb. 10

10:00 – Noon Cost: \$7.00

Art History

A new artist (Monet, Van Gogh, Rembrandt, Picasso, Rockwell, Dutch Masters, etc) will be explored in each one hour class.

Instructor: Viola Galetta

Saturdays Jan 6 – March 31

13 classes = \$39.00

11:30 a.m. – 12:30 p.m.

Open Craft & Repair Workshop

Nor Smitobol will help you repair, replace, matt, engrave, enlarge or complete your art project for free, or bring your unfinished project and complete it amongst friends.

Every Wednesday

1:00 – 3:00 p.m.

Please sign up to get one on one attention from Nor

Aromatherapeutic Soaps & Bath Salts

Learn how to make your own personalized glycerin soaps and bath salts. Leave with a set!

Instructor: Alicia Jones

Saturday March 10

11:00 – 12:30 p.m. Cost: \$5.00

Botanical Watercolor Techniques

Watercolor techniques with demonstrations and how to apply to flower botanicals focusing on wet in wet process.

Instructor: Barbara Lawless

Mondays Feb. 26 – March 26

5 classes - \$15.00

1:00 – 3:00 p.m.

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other as we sketch and paint.

Facilitator: Vickie Forest

Wednesday Jan. 3 – March 28

9:15 – Noon \$5.00/class

Exercise and Dance

January, February, March 2007

Westport Center for Senior Activities

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout.

Instructor: Ruth Sherman.

9:45– 10:30 a.m.

Jan. 2 – March 29

Tuesday 13 classes = \$19.50

Thursday 13 classes = \$19.50

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris.
Monday, Wednesday and Friday
from 8:45 – 9:45 a.m.

Monday 10 classes = \$30.00

Jan. 8 – March 26

Wednesday 13 classes = \$39.00

Jan. 3 – March 28

Friday 13 classes = \$33.00

Jan. 5 – March 30

Self-Awakening Yoga

Instructor: Melanie J. Van-Vliet
Saturday, 13 classes = \$52.00

Jan. 6 – March 31

8:45 – 10:00 a.m.

Chi-Gong

Build up your health and prevent illness by combining discipline of mind, body and the body's vital force through the Chinese exercise system. Instructor: Ellieth Harris.
Tuesdays 8:30 – 9:30 a.m.

Jan. 2 – March 27

13 classes = \$52.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk.

Mondays 1:00 – 2:00 p.m.

Jan. 8 – March 26

10 classes = \$30.00

Tai Chi

Instructor, Mari Lewis teaches the Yang method of tai chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesdays 11:00 – Noon

Jan. 3 – March 28

13 Classes = \$39.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin

Tuesdays 9:00 – 10:00 a.m.

Jan. 2 – March 27

13 Classes = \$39.00

Thursdays 11:00 – Noon

Jan. 4 – March 29

13 Classes = \$39.00

Thurs. 3:45 – 4:45 p.m. (Beg.)

13 classes = \$39.00

Thurs. 4:55 – 5:55 p.m. (Inter.)

13 classes = \$39.00

Yogalates

Is a method of exercise that integrates the core strengthening and alignment principles of Pilates with the practice of hatha yoga.

Instructor:

Melanie J. VanVliet

Saturdays Jan 6 –
March 31

13 classes = \$52.00

10:30 – 11:45 a.m.



**Pre-registration starts on
December 11th**

Dance & Stretch

Sandy Adamczyk will teach you smooth moves while you stretch your muscles and swing your hips all to the sound of soothing music.

Wednesdays 1:00 – 2:00 p.m.

Jan. 3 – March 28

13 classes = \$39.00

Creative Dance & Moves

Learn to dance with your peers while building confidence, increasing coordination while developing an understanding of rhythm and timing.

Instructor, Brandon Stavola

Tuesdays 1:00 – 2:00 p.m.

Jan. 2 – March 27

13 Classes \$39.00

Fitness Center –

A fully equipped work-out room in a warm and friendly environment. Certified trainers are ready to assist and guide you during all scheduled classes. To enroll in this program, you must come in and complete the appropriate paperwork.

Classes run in 12 week increments for \$36.00. Open gym times at \$3.00/hour are available for those who have completed at least six classes. Please inquire for a schedule of all class and open gym times. The gym is open until 8:30 p.m. Thursdays and from 8:30 a.m. – 12:30 p.m. on Saturdays.

Table Tennis...

Is set up every Tuesday from 3:00 – 4:30 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Languages, Nutrition & Games

January, February, March 2007

Westport Center for Senior Activities

LANGUAGES

Beginner's Spanish

10 Mondays, 11:30 – 12:30 p.m.

Jan. 8 – March 26

Cost: \$30.00

Instructor: Monica Sosa

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversation skills. Text: *Spanish is Fun, Book 1* (\$15.00)

Intermediate Spanish

10 Mondays, 12:30 – 1:30 p.m.

Jan. 8 – March 26

Cost: \$30.00

Instructor: Monica Sosa

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills. Text: *Spanish is Fun, Book 2* (\$15.00)

Conversational Spanish

13 Fridays, 9:30 – 10:30 a.m.

Jan. 5 – March 30

Cost: \$39.00

You'll speak Spanish from the moment you walk into the class to the moment you leave!

French with Nell Mednick

French – Beginner

13 Wednesdays, 1:00 – 2:00 p.m.

Jan. 3 – March 28

Cost: \$39.00

Text: *French is Fun, Book 1* (\$15.00).

Movies in French:

Jan. 24, Feb. 21, March 21

2:00 – 3:30 p.m. Free!

Movies in Spanish:

Jan. 26, Feb. 23, March 23

10:30 – Noon Free!

Conversational French

13 Wednesdays, 10:00 – 11:30 a.m.

Cost: \$39.00

Instructor: Nell Mednick

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills.

GAMES

Bridge Instruction with Lenore

10 Mondays, 10:00 – 11:45 a.m.

Cost: \$30.00

Instructor: Lenore Ehrensaal

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game

Recreational Bridge

10 Mondays: 10:00 – 11:30 a.m.
and 1:15 – 4:15 p.m. Free!

Come and make up your own foursome in the café. Please note: No instruction is provided.

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room. You'll have loads of fun!

Bingo

Come and play different types of Bingo games called by Gerry Duquette. You'll have fun and maybe even go home a winner!

Every Thursday from 1:15 – 2:30 p.m. Refreshments served.

Mah-Jongg

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Mah-Jongg is offered every Thursday from 1:00 – 3:00 p.m. Instructor: Annette Kirban. Free!

NUTRITION

Nancy Ferriello, M.S., R.D., CD-N will Conduct the following seminars:

Diabetes Awareness & Control

Thurs. Jan. 18th 11:00 – Noon

Stress Management: Diet & Lifestyle Changes

Thurs. March 8th 11:00 – Noon

Alisa Cohen-Kessler, Holistic Health Counselor

Eating for Energy, February 2nd
10:00 – 11:15 a.m.

Digestive Wellness, February 9th
10:00 – 11:15 a.m.

Table Talk

Come and enjoy a casual social dinner with your peers. This is perfect for seniors who are still working and unable to attend our daily luncheon program. Thursday, Jan. 4th 5:30 – 7:30 p.m. Cost: \$4.00 Reservations Required.

Health/Lectures/Culinary

January, February, March 2007

Westport Center for Senior Activities

Channe Fodeman, MSW

- Bringing in the New Year with Laughter – Mon. Jan. 8th
- Managing Stress by Changing Habits – Mon. Feb. 26th
- Getting Yourself Heard When Everyone is in a Rush – Mon. March 12th

Lectures are offered free of charge with interactive participation and discussion encouraged. 1:15 – 2:30 p.m.

Let's Talk

Psychologist Stu Losen will facilitate a discussion group of any subject matter that may be on your mind. Come and express your opinion in a safe and supportive atmosphere.

Tuesdays Jan. 2 – March 27
1:30 – 2:30 p.m. (Free)

Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience (sponsored by the Friends).

Tuesday January 9 & March 6
1:30 – 2:30 p.m.

Book Club at the Center

Facilitated by Mary Field Sadtler Barrett, you'll read and discuss themes, relationships and details in a thought-provoking format. See Alexandra for book titles.

Thursday Jan. 25, Feb. 22, March 22. 5:30 – 7:00 p.m.

Cost: \$15.00 (\$5.00/session)

Westport Public Library

Update: What's New?

Reference Librarian Joyce Vitali will share the latest news and happenings from the Westport Public Library. New calendars and schedules from the library will be distributed. Tues. February 13th 10:30 a.m.

AA for Seniors

Alcohol abuse by older adults is a growing problem. Prescription drug interaction often complicates matters. Fortunately, many seniors have sought help. Watts Wacker, Sr. will facilitate a senior AA group that will meet every Friday from 11:00 – Noon beginning Jan. 5. This meeting will be held in a private room and everyone will be treated with the utmost respect, dignity and confidentiality. Please feel free to contact Watts at 227-5122 for further information.

Mind-Body-Spirit Health and Healing – Choosing Peace

Come explore how to be with life's joys, challenges and difficulties in a way that is wise, compassionate and healing and learn to view things with a different perspective and new light.

Instructor: Paul Epstein, ND

Wednesdays Jan. 31, Feb. 7, 14, 21, 28, March 7

1:15 – 2:15 p.m. Free!

*How far that little candle throws
his beams! So shines a good deed
in a weary world.*

~ William Shakespeare

How Do We Help Our Grandchildren Make Safe Choices?

Learn effective approaches to preventing risky behaviors, raising resilient children and enhancing intergenerational family relationships.

Instructors: S. Raphael/M. Hauhuth
Tuesday Jan. 23, 30, Feb. 6, 13, 20.
10:00 – Noon. Free!

Caregiver's Support Group

Care giving for someone you love is not easy. Sally Harding, MSW will help you learn about different health care options, home safety, geriatric assessment, state and local financial programs, options and techniques to help alleviate the burden and stresses of being a caregiver. Free!

Thursday Jan. 18, Feb. 15, March 15
6:30 – 7:30 p.m.

Parkinson's Support Group

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Family and caregivers are welcome too.

Thursday, Jan. 25, Feb. 22 March 22
10:00 – Noon

Blood Pressure Screening

Nursing & Home Care will offer free blood pressure screenings on the 4th Tuesday of the month from 10:00 – 11:30 a.m.

Jan. 23, Feb. 27, March 27

Holistic Counselor Presents:

Eating for Energy – Fri. Feb. 2nd
Digestive Wellness – Fri. Feb. 9th

Instructor: Alisa Cohen-Kessler
10:00 – 11:15 a.m. Free!

Healthy Heart Seminar I Will be Well!

Come and learn how to maintain good health by



taking care of your mind, body and soul. January and February are designated as Healthy Heart Month! Free!

Friday, Jan. 19th 10:15-11:15 a.m.

Instructor: Bonnie Loglisci

Life-Life Screening...

the nation's leading provider of preventative health screenings, will be offering 3 primary screenings to detect the risk of stroke and vascular disease as well as a bone density screening. Appointments required! Please call 1-800-643-6075.

Monday, February 12th 9 – 4:30 p.m.

Meditation Instruction

Meditation is a valuable tool for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world.

Instructor: Laura Warfield

Fridays Jan. 5 – March 30

13 classes = \$39.00

11:00 – Noon

The Bible Literacy Project

A non-partisan, non-profit organization dedicated to research and public education on the academic study of the Bible.

Speaker: Richard G. Scurry

Thursday, Jan. 18th Free!

6:30 – 8:00 p.m.

Shakespeare & the Cinema

A 5 week exciting and dramatic approach to Shakespeare's *Othello*.

Director: Michael Lehr

Sat. Feb. 17, 24, March 3, 10, 17

10:30 – Noon

Cost: \$15.00

Discovery Museum Presents...

Yellow Submarine - Share the adventure of creation with inventor Alan Winick, whose childhood dream was to build a submarine.

Alan is Director of Education at the museum. Cost: \$6.00

Thurs. Feb. 15th 6:00 – 8:00 p.m.

Tour of the Universe - The wonders of the universe will unfold before your eyes in this class of basic astronomy. You'll be introduced to the wonders of the solar system. Cost: \$6.00

Thurs. March 15th 6:00 – 8:00 p.m.

Local History - Discover the history of where you live! Join local expert as you delve into history of Fairfield County.

Instructor: Bob Berthelson

Sat. Jan. 20, Feb. 17 and March 24
10:30 – 12:30 p.m.

Cost: \$6.00/class.

Saturday Socials...

- January 13th – Movie and Lunch
- February 3rd – Square Dance & Snacks
- March 24th – Irish Dancers and Lunch

All socials run from 1:00 – 3:30 p.m. and cost \$5.00.

Share Your Thoughts...

The staff of the Westport Center for Senior Activities wants your input! Please come and share your comments, ideas, suggestions and thoughts from 10:45 – 11:30 a.m. on: Tues. Jan. 30th, Feb. 27th, and March 27th. We value your ideas!

Stocking the Natural Medicine Chest

Learn how to build a natural home medicine chest by exploring the use of natural medicines and what remedies you should have on hand.

Speaker: Pam Leahy, RH, HHC

Thurs. March 8th Cost: \$5.00
5:30 – 7:00 p.m.

Elderlaw Series – (Sponsored by the CT Appleseed Foundation)

The Numerous Housing Issues and Dilemmas Seniors Face.

This workshop will cover different types of housing options, what your rights are in dealing with landlords/condominium associations, getting affordable and safe housing, and the laws governing different types of senior housing.

Attorney Christine Andrew

Thurs. March 29th 5:00 – 7:00 p.m.

Advance Directives, Living Wills, Organ Donations and Healthcare Proxies

Learn your rights so that your wishes and desires can be carried out during your illness or time of sudden crisis. Attorneys S. Rosen & J. Nelbaum
Thurs. April 26th 5:30 – 7:30 p.m.

Will and Estate Planning - Where Do I Begin?

Learn how to begin the dialogue, the process and where to find help and resources so that you are prepared to make appropriate and sound decisions.

Attorneys S. Rosen & J. Nelbaum
Thurs. May 31st 5:30 – 7:30 p.m.

Culinary Classes...

Chef Ed Malik from the Westport/Weston Health District will visit on Sat. Jan. 27th, Feb. 24th and March 31st from 11:00 – 12:30 p.m. to do a cooking demo in the Center's culinary kitchen. Ample sampling, too. He's awesome! Cost: \$5.00

Chef Benjamin Cianfichi will do a hors d'oeuvres demo on Thurs. Feb. 8th from 2:00 – 3:30 p.m. Cost: \$5.00

Chef Benjamin Cianfichi will do a dessert/sweets demo on Thurs. March 15th from 2:00 – 3:30 p.m. Cost \$5.00

Technology Times

January, February, March 2007

Our affordable classes have skilled and patient instructors. Our goal is to make learning fun as well as useful. Handouts or reference materials are included with every class.



Absolute Beginner

Did you just get a computer? Do you want to learn to get better on it? This class is for you! After a review of different computer types, hooking up to the internet, you will learn how to turn on the computer, use the mouse and keyboard basics. In addition, you will learn email basics, using a word processor, and surfing the Internet.

Dates: 1/30, 2/1, 2/2

Time: 10 – 1 p.m.

Dates: 2/15, 2/22, 3/1

Time: 5 – 8 p.m.

Price: \$40

Today's Technology...how to buy a computer

Intimidated by what is out there? Do you want to get on the information superhighway but you're still a bit intimidated? This class will demystify the process of purchasing a computer, getting a printer, and the most cost effective way to hook up to the internet.

Dates: 1/25 10 – Noon

Price: \$10

Email

Regardless of the email program you use, this class will



be terrific as you will learn how to compose a message, address a message and how to send and open attachments. Although each email program has its own distinctions, this class will provide the student with the confidence to become expert at their correspondence.

Dates: 2/16, 10-noon

Price: \$15

Useful Applications

These courses are helpful for those of you still working, busy in retirement or volunteer activities, or those wishing to explore what the computer can offer.

Word

Is the word processing package that allows you to write your memoirs, poetry, desktop, publish a newsletter, or manage your written correspondence. You can also create flyers or posters. If there is a demand, we can schedule an intermediate class. Experience with the mouse and keyboard is necessary.

Part 1: 2/6, 2/8 10 – 1 p.m.

Part 2: 2/13, 2/15 10 – 1 p.m.

Price: \$40/course

Mail Merge

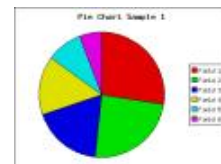
For those familiar with Word 2002, this session will show you how to create labels or letters for holidays or any special event. Students may wish to bring their own address list to class.

In addition, work with graphics and photos to create visual appeal. If you have any images

on disks, feel free to bring them along. Price: \$20

Dates: 4/12, 10 - 1 pm

Excel is an automated ledger sheet that allows you to manage your



budgets, create lists, and do calculations. Use this program to review your investments as well as creating graphs. If there is sufficient interest, we can offer an intermediate course.

Part 1: 2/20, 2/22 10 - 1 pm

Part 2: 2/27, 3/1 10 - 1 pm

Price: \$40/course

PowerPoint

If you are making presentations to groups or like working with graphics, this is the program to learn! Students will create a professional looking slide show. This program is also ideal for those who wish to make flyers.

Dates: 3/6, 3/8 10 – 1 p.m.

Price: \$40

Introduction to the Internet

In this class you will learn the basics. We will visit different types of websites from shopping to genealogy to health issues which will provide entertainment, research, and much more.

Dates: Mon. 1/29, 2/5, 2/12
10:00 - Noon

Price: \$40

Did you know...

the Center for Senior Activities is wireless? Bring your laptop and feel free to work in our beautiful building.

Intro to Digital Photography

If you have a digital camera and want to become more familiar with it, this class is for you! Learn the basics of taking pictures with an electronic camera. Students will also receive an introduction to Photoshop Elements in the second class so that you can learn simple cropping and retouching techniques. Time permitting; there will be a brief review of how a scanner works.

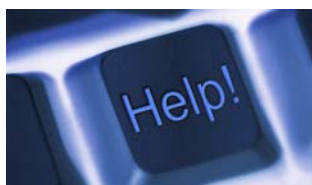
Please make sure you bring the following to class:

- Camera with fully charged batteries
- Instruction manual
- Cables that came with the camera
- Storage media (these are little digital cards that may or may not have come with the unit)

If you are interested in learning how to use a scanner, please bring along a couple of photos.
Dates: 3/13, 3/15 10 - 1 pm
Price: \$ 40

Computer Clinic

Why can't I download that file from my daughter? This free weekly drop in class will assist you with your everyday computer dilemmas. Free!
Instructor: Andree Brooks
Fridays, Jan. 5, 12, 19
March 2, 9, 16, 23, 30
3:00 – 4:00 p.m.



Intro eBay...an overview

This single session will be a visual demonstration on how eBay works. You will see some auctions in action, some discussion on safe bidding, setting up an account, and what PayPal is. eBay is a great way to sell or buy almost anything from jewelry to collectibles to antiques.

Date: 3/9 9 - Noon

Price: \$20

Searching the Internet Seek and Ye Shall Find

Now that you've hooked up to the Internet, you will want to research topics that interest you such as genealogy, medicine, etc. This is more than just Google. We'll discuss other methods to find topics of interest.

Dates: 2/26 & 3/5 10 - Noon

Price: \$30

Computers – beyond the basics!

This class is designed for people who know the basics on the computer and want to improve upon them. Learn how to organize files or photos, improve techniques in both Word and Excel, and spend time with Photoshop Elements which allows you to touch up those holiday photos. You'll learn how to insert them in a document, and print and email them as attachments. **Basic knowledge of the keyboard and mouse is a must!**

Saturday, Jan. 13 & 20
8:30 – 12:30 p.m.

Cost: \$50

Photoshop Elements

This reasonably priced program is very powerful in allowing you to not only improve that yellowing photograph in the album, but to give some pizzazz to your electronic photos!



Dates: Part 1 3/20, 3/22, 3/23

Part 2 4/17, 4/19

Time: 10:00 – 1:00 p.m.

Price: \$40

Google

Google is more than just a search engine. We will review their other many features you may not know about such as Froogle (shopping), maps/Earth, Picasa (a free photo editing program), etc.

Date: 3/16 9 – Noon

Price: \$20

Mondays with Donna or Fridays with Frank!

Make an appointment with Donna or Frank to have personalized training on almost any topic on the computer! Limit: 2 times per month.

Call 341-5099 to schedule.

Price: \$3/appointment

Coming in April:

Using Technology to Manage Your Investments
Mail Merge
Elements, Part 2

Please Note: If you have a specific computer need or suggestion for a class, please do not hesitate to let us know. We're here to serve you!